

Together Rx™ Card - Continued:

For more information on the Together Rx Program or the Novartis Patient Assistance Program, contact:

Together Rx Card

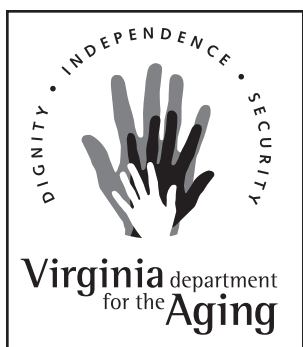
www.Together-Rx.com

1-800-865-7211

Novartis Patient Assistance

Program - available through
your doctor's office

Or, visit the web site at www.NovartisCarePlan.com.



1600 Forest Avenue, Suite 102
Richmond, VA 23229

Toll-Free: 1-800-552-3402

(Nationwide Voice/TTY)

Local: (804) 662-9333 (V/TTY)

Fax: (804) 662-9354

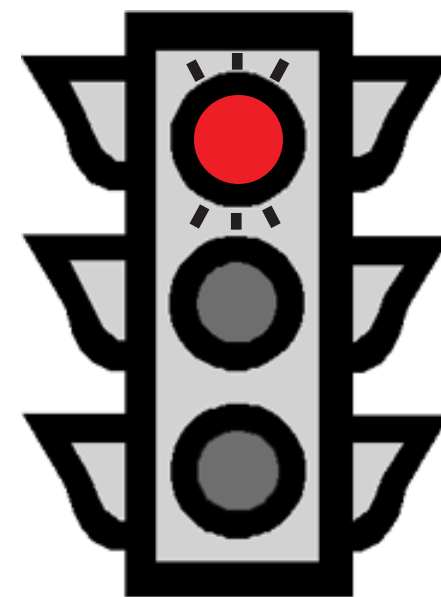
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 **NOVARTIS**

Play
It
Safe!



Taking
Medication
Seriously
& Safely

As we age, the number of medications we take usually increases. Follow these tips to help avoid problems.

Make A List



Make a list of everything you take. Be sure to include:

Strength - how many milligrams, etc.; and

Frequency - how often you take it. For example, if you take an aspirin once a day, your list would include:

Aspirin - 81 mg. once a day

Write down the strength and frequency for prescription and over-the-counter medicines as well as supplements like vitamins, minerals and herbs. Your list should also include the following information:

- **Date** you made the list;
- **Physical conditions** you have (like diabetes, heart problems, etc.);
- **Allergies** (for example, being allergic to penicillin);
- **Adverse reactions** to medicines you have had in the past (for example, a rash or a fever);

- Name and phone number for each of your **doctors**;
- Your **pharmacist's** name and phone number; and
- Name and phone number of the **person(s)** to contact in case of an emergency.

Keep a copy of the list with you at all times. Place the list with your identification or insurance card to make it easy to find in case of an emergency.

Place a second copy in an easy-to-reach place in your home, such as on the door of your refrigerator.

Make sure your family members and caregivers have a copy of your list. Give a copy of the list to each of your doctors and your pharmacist.

Check It Twice



If your medications or supplements change, make sure you update your list. Set a date each year (your birthday, New Year's Day, etc.) to review it.

Once a year, put all of your medicines and supplements in a bag and take them with you when you visit your doctor. This will uncover potential problems and keep your records up to date.

Use only one pharmacy so that they can keep a record of all of your medications and screen new ones for interactions. This is especially important if you have more than one doctor.

The Right Stuff



When you get a prescription from your doctor, make sure you know what it is for.

When you pick up your medicine from the pharmacy, ask "Is this the medicine that my doctor prescribed?"

Take the time to check that there are no changes in your medication's name, size or color. Most medicine errors involve either the wrong drugs or the wrong dose.

Make sure that you understand all of the information you receive about your medicine from both your doctor and your pharmacist. You should be able to answer these questions:

- What is the name of the medicine?
- Is it a brand-name or generic?
- What is it for?
- How should I take it?
- Can I crush it or split it in half?
- When is the best time to take it?
- What should I do if I miss a dose?
- Where and how should I store it?



- Is it safe to take with other medicines or supplements I am currently taking?
- Does it replace anything I am currently taking?
- What side effects are likely?
- What do I do if they occur?
- What food, drink or activities should I avoid while taking this medicine?
- Do I have refills?

If you can't answer these questions, ask your doctor or pharmacist for the answers.

Just Ask



If you have questions about the directions on your medicine label, **ask your pharmacist.**

For example, ask if "four doses daily" means taking a dose every six hours around the clock or just during the hours you are normally awake. You should receive written information about the **side effects** your medicine could cause. This will help you to be on the lookout for them or other unexpected effects.

If you have trouble **opening** medicine bottles, ask your pharmacist to put your medications in a bottle with an easy-open cap.

Ask your doctor or pharmacist for a **liquid** medication if you have trouble swallowing or taking tablets.

For liquids, get a device that will help you take the **correct dose**. Most household devices (like teaspoons) do not measure liquids the way the drug manufacturer intended. Ask your pharmacist for the best device to use and how to use it correctly.

Don't Risk It



Always take a medication exactly the way it was prescribed. Taking too much, too little, or at inappropriate times can be dangerous.

If you experience unexpected symptoms after taking a medication (example: shortness of breath, rash, etc.), call your doctor or pharmacist immediately.

If you stop taking your medication, let your doctor and pharmacist know immediately. It may be harmful to suddenly stop taking some medications.

Don't take medications prescribed for other people, even if they have a condition similar to yours. Don't let others take your medications.

Be sure to store medications properly in a cool, dark, dry location. Don't keep them in the bathroom, as the humidity may decrease their effectiveness.

Don't take medications past their expiration date. Dispose of outdated or unused drugs in a safe manner.

Need Help?



If you cannot afford a medication that you need, tell your doctor. He or she may be able to prescribe a less-costly alternative. Paying for medication may prove cheaper in the long run if you are dealing with an illness or physical condition that requires hospitalization or nursing care.

Many pharmaceutical manufacturers have programs that allow qualifying individuals to either buy certain prescription medicines at cost, or to receive them free. Ask your doctor for more information, or call the Center for Elder Rights.

Together Rx™ Card

Novartis is a founding partner of Together Rx, L.L.C., a new alliance of 7 major pharmaceutical companies, offering patients valuable savings on 150 medicines through one easy-to-use card - the Together Rx™ card. Medicare recipients without prescription drug coverage and with annual incomes under \$28,000 are eligible. Novartis' prescription savings plan under Together Rx provides the neediest of patients with a \$12 flat fee per prescription. In addition, Novartis also offers free medicine on a short-term basis to qualifying patients through physician's offices.

Enhanced Savings on Novartis Prescription Drugs

| Singles up to \$18,000/yr. | Couples up to \$24,000/yr. | \$12/prescription |
|-------------------------------|-------------------------------|-------------------|
| \$18,001 - \$28,000/yr. | \$24,001 - \$38,000/yr. | 25-40% off |

Each company sets its own level of savings independently with a minimum discount of 15% off its own list price to wholesalers. Actual consumer savings may vary depending on the pharmacy's customary pricing for a specific medicine. Products covered are subject to change.